

RAINBOW RECREATION

PROGRAMS
FOR LGBTQ
ADULTS 50+

SUMMER 2018 Programs – JULY 10 through SEPTEMBER 21

Pre-registration required for all events. You can pre-register for classes by:

1. Visiting www.seattle.gov/parks; click on "Register for Classes and Programs" and follow online instructions.
2. Call your local community center, give them the six-digit bar code listed with the program, and provide payment and contact information.

Questions? Concerns? Ideas? Contact Cheryl Brown at 206-615-0619 for more information.

FITNESS

Gentle Yoga

Stretch your muscles and gain strength, flexibility and balance as well as improve relaxation in this gentle yoga class for all fitness levels. Chair seated participants are welcome.

Instructor: Laura Gardener

Location: Miller Community Center

#180934 Tues 7/10-9/11 1:30-2:30 pm \$50

#180935 Thu 7/12-9/13 1:30-2:30 pm \$50

T'ai Chi Chih®

T'ai Chi Chih® is a slow moving meditative routine of 19 moves and 1 pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, regardless of age or physical condition (chair seated students are welcome.)

Benefits of Regular Practice: Reduced Stress, improved balance, flexibility, stamina, increased energy and mental clarity, enhanced physical

and emotional well-being, an overall sense of peacefulness and calm.

*Linda Robinson, Certified TCC Instructor, has taught in Seattle since 1999.

Location: Miller Community Center

#180942 M/W 7/9-8/8 12-1 pm \$41

Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. Free to Kaiser Permanente members with Part B Medicare coverage. Must register each quarter. Register in person or over the phone, online registration is not available. Classes are held at Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

#181108 Mon 7/2-9/10 3:15-4:15 pm \$45

#181122 Wed 7/11-9/12 3:15-4:15 pm \$45

#181102 Fri 7/6-9/14 3:15-4:15 pm \$50

FIELD TRIPS

LGBTQ Trips...join us for fun and adventure! Pick up sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 615-0619 for more information!

Deception Pass Picnic

A beautiful drive to a park that has it all, trees, trails, tide! Bring a picnic lunch and enjoy the day!

#180931 Mon 8/13 10 am-4 pm \$15

Washington State Fair

Do the Puyallup at the Washington State Fair... smell the scones, the burgers, enjoy the displays, the livestock and ride the Ferris Wheel! Lots of old fashioned fun! Purchase your entry tickets in advance at Albertsons or Safeway for the best price! Lunch on your own.

#180932 Mon 9/10 10 am-4 pm \$15*

*Additional fee to enter fair grounds

Wine Country Overnight

Explore the Washington Wine Country as we visit several wineries, and enjoy the sights. A great fall trip through the eastern part of the state during a beautiful time of year. Fee is for transportation only, please call Cheryl to get hotel information which you will book on your own!

#180933 Wed-Fri 9/19-9/21 10 am-8 pm \$85*

*Hotel accommodations are extra



Seattle
Parks & Recreation
healthy people healthy environment strong communities



Generations
Aging - Pride
Your Resource for LGBTQ Aging
www.gapseattle.org

All Gender Swim At Medgar Evers Pool Saturday, June 16 from 3-5 p.m.

Entrance is \$2, with reduced fee available by request.

Call 206-684-4766 for more information or go to <https://www.seattle.gov/parks/find/pools/evers-pool>



Save the date!

FREE EVENT!

BIG DAY OF PLAY

**August 18, 2018
11:30 a.m. - 5 p.m.
Rainier Community
Center and Playfields
4600 38th Ave S.
Seattle, WA 98118**

**Fun activities, food trucks,
and free transportation!**

bigdayofplay.com
facebook.com/bigdayofplay

  **Seattle
Parks & Recreation**



**PROGRESSIVE
PICNIC**

**WEDNESDAY
SEPT. 12**

9:30 a.m.-4 p.m.

**\$20 PER
PERSON ALL
INCLUSIVE**

- ★ **Appetizers/
Drinks at
Carkeek Park**
- ★ **BBQ Lunch
at Golden
Gardens**
- ★ **Dessert at
Green Lake**
- ★ **Live Music
and Activities**

**Transportation
Provided**

**For details call
206-778-9824**

Scholarships Available

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit bit.ly/SPRScholarships.

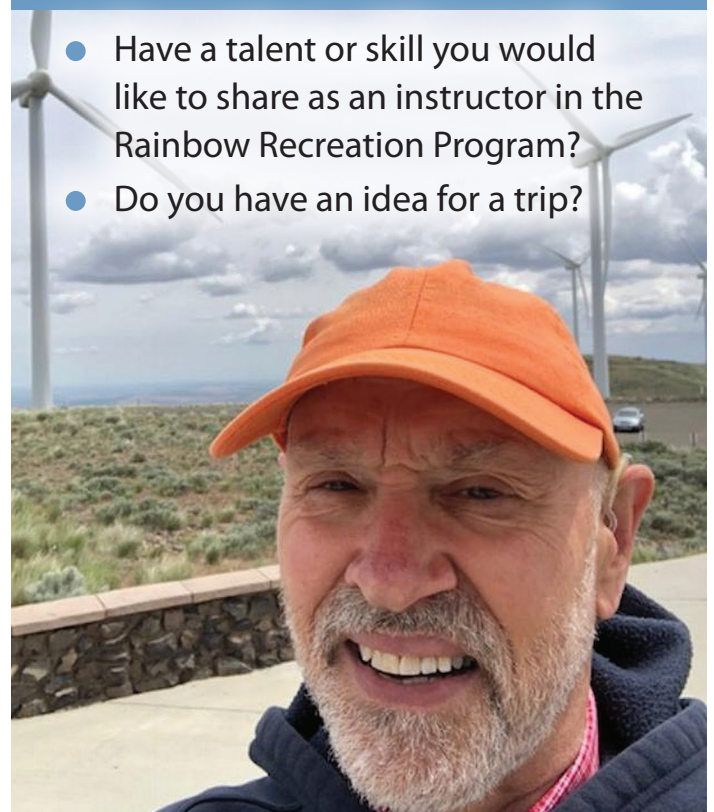


Here are some beginning qualification guidelines:

Scholarship Eligibility		NUMBER IN HOUSE			
		1	2	3	4
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891

LOOKING FOR INSTRUCTORS

- Have a talent or skill you would like to share as an instructor in the Rainbow Recreation Program?
- Do you have an idea for a trip?



Call Cheryl at 206-778-9234!